



GROUNDCOVER

NEWS AND SOLUTIONS FROM THE GROUND UP

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Openness challenges identity – how do we respond?



by Susan Beckett
Publisher

Being open to new ideas and new people is one the best characteristics of Americans. Yet expanding and adapting leave an opening for drastic change in which a group's core identity could get lost. This tugging occurs in all kinds of settings, from social groups taken in a new direction by a dominating member, to countries whose prevailing cultures are overturned by later settlers who eventually outnumber or overpower the founders.

A case in point: National Public Radio reported recently on Grafton, a New Hampshire town deliberately overtaken by Libertarians. They relocated there to

GROUNDCOVER MISSION:

Creating opportunity and a voice for low-income people while taking action to end homelessness and poverty.

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have greater influence on the national political debate. (Since the lightly populated New Hampshire gets a disproportionate amount of attention from presidential candidates seeking a strong showing in the nation's first primary, its residents' concerns shape the candidates' conversations.) The Libertarians are also advancing their agenda in Grafton's local politics, and their outsider pushiness has upset the operation of the traditional New England town hall meeting.

Situations like this play out on a grand scale across the globe, from Ukraine to the Middle East and Africa in conflicts that seem to have no mutually agreeable solutions. The modern answer seems to be cleaving existing groups to form independent homogeneous entities.

In our community, some fear that building more affordable housing will result in a further spate of low-income housing and change the identity of whole cities. Some business owners fear that sidewalk musicians, food carts and newspaper vendors will attract more sidewalk entrepreneurs, including panhandlers.

These fears are not unfounded. Humans have longed flocked to places where others of their kind have successfully settled. Historically, though, at least partial assimilation by the dominant culture, including embracing some of the settlers' customs, has moved Americans past confrontation to acceptance and a stronger, richer society.

Even in a melting pot like the United States, hegemony – the political or cultural dominance over others – certainly exists. How we react to potential dominance by another culture says a lot about who we are and who we are willing to become to protect our identity. Can we be inclusive without being co-opted? And are our values consistent when the situation affects us directly? How do we react to unwelcome change?

States like Arizona seek to codify culture in law and create an environment

hostile to people from other backgrounds. Some people in Grafton have abandoned the participatory democracy model of town hall meetings when faced with single-minded settlers who do not follow established conventions. They are now considering relocating to a new community that better reflects their values.

As reported last month, the Kiwanis Club requires potential new members to be sponsored by an existing member, be interviewed by a past club president, and undergo an indoctrination period before being accepted, thereby acculturating newcomers before accepting them.

Why is the Y so inflexible?

by Elizabeth S. Kurtz, aka "Lit"
Groundcover Vendor

Rather than fulfill the vital role that it can play in the community, the Ann Arbor YMCA's policy with regard to the homeless community in Ann Arbor, as I see it, is out-of-sync. Though the Y has not opened its doors at night when countless people are sleeping outside exposed to the elements, the one thing that it does offer is a place to shower. Combined with exercise, this would produce a formula that would assist any homeless person in negotiating her or his way back to mainstream society.

Despite having the potential to relieve this fundamental problem for the lives of dozens, the facility remains inflexible in relaxing the window in which

Less structured interactions are more typical. For example, some shopkeepers respond to the perceived threat by harassing people they don't like having around their stores, acting as if they have the law on their side.

On the other hand, some store owners build alliances with street entrepreneurs and work cooperatively to make the area as attractive as possible and draw in more business for everyone. Mutually agreeable solutions like this require all parties involved to be reasonable and open to compromise and change. In the absence of reasonableness and flexibility from all parties, there are no good choices.

a person receiving one of its generous scholarships can begin using the facility. The 15th of the month deadline that the Y adheres to creates an unnecessary burden for an individual depending on its service. This makes the difference not only in getting the daily exercise that the Y touts as being essential, but denies individuals access to sanitary bathing facilities when they are needed most. As it stands now, if a person were to become homeless any day after the 15th of the month, the soonest she or he would be given access to the Y would be 45 days. In the meantime, individuals sneak into public bathrooms to perform bathing rituals or essentially just remain unbathed. These public places include the library, where people are

see EXPIRATION, page 11



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With heart and with wholeness



by Rev. Dr. Martha
Brunell
Groundcover
Contributor

Faith communities of all sizes and stripes have their signature meals. Some of these table times are internal fellowship moments; others are outreach efforts; and there are those that are fundraising activities. I have led congregations with chowder suppers, with dozens and dozens of German pretzels, with weekly community meals, with lunch in the park, with an annual wurstmarkt (sausage supper), and with a neighborhood-wide Thanksgiving dinner. I currently serve a northern Illinois congregation that has a spring and fall pancake breakfast featuring whole hog sausage. The congregation's whole hog sausage has a reputation throughout the county.

If one is not versed in sausage, one might think it would be better to serve

sausage only made with the best cuts from the hog. In fact, sausage is normally crafted from the leftover pieces of meat, those that are good for nothing else. And so any sausage made from the whole hog is a premium treat, indeed. We not only accompany our pancakes with it spring and fall; that sausage is also available throughout the year in the church's freezers.

Whole hog sausage causes me to think about the desire in our spiritual life and our religious practice to live from a wholehearted place. We pause and wonder if we are living divided and fragmented days across weeks, months, and years. We stop to see if we are only offering weary and withered aspects of ourselves to tasks at hand. The question is there for us: Do we cultivate a persistent longing to discover authentic routes for a more wholehearted life?

One of my current wholehearted stories lies slightly beyond Washtenaw County, in Detroit. I was thrilled when I moved to Ann Arbor in 2010 to learn that Leonard Slatkin was the conductor

of the Detroit Symphony Orchestra. Slatkin lived in Saint Louis for a number of years when I was there. He was a stunning conductor who made a great orchestra better. And because he was very knowledgeable about Major League Baseball, he was welcomed once a year to help call a home Cardinals game in Busch Stadium.

My thrill over Slatkin's leadership in Detroit quickly faded when the orchestra went on strike for six months beginning in October 2010. Concerts were canceled, musicians left the area, and negotiations were difficult. A smaller orchestra that was paid less resumed playing in April 2011. Faced then with dismal attendance and the difficult task of rebuilding themselves, the orchestra literally went out to share their conviction about the power of music, to attract both former and new listeners, and to reweave connections with the Detroit metro area. They performed in nursing homes, hospitals, synagogues and churches, and even in the warehouse portion of the Canton IKEA in flash mob fashion. They now

play to sellout crowds again at Orchestra Hall.

In a recent NPR interview, Slatkin spoke about coming to Saint Louis as an assistant conductor in 1968. The city was in a tailspin then. Slatkin reflected in the interview about the city's dramatic rebounding during his 27 years there. He recounted the Saint Louis Symphony's active participation in that rebound. When he came to the Detroit Symphony in 2008, he imagined another symphony could have a similar impact. There were hard times ahead, but Slatkin and the orchestra would prevail with creativity, courage, and commitment, all key elements in living and giving wholeheartedly.

In Sycamore, Illinois, our whole hog sausage sets before me a wholehearted pathway. Looking eastward toward Michigan, the Detroit Symphony Orchestra's notes provide melody for a similar reality. They are both strong reminders of engaging one another and the world from the heart, with all of who we are.

What is Mindfulness in Education... and why do we need it?

by Veronica Sanitate
Groundcover Contributor

What began as a movement just a few short years ago is catching fire in many communities. Mindfulness, a cultural phenomenon currently so big that it was featured on the cover of *Time* Magazine in early February, is sometimes described as a state of active, open attention on the present moment. It is a technique that promotes mental calmness and clarity – it can be taught, and it can be learned.

Several studies suggest that the practice of mindfulness decreases stress and anxiety, improves concentration and attention, and increases self-awareness and overall emotional well-being.

Ann Arbor school psychologist Mary Spence, Ph.D., commented that mindfulness training helps students to be more engaged in school and helps them learn to trust themselves. "It sets up a great foundation for kids to be able to learn," Dr. Spence said. "It also allows them to improve the regulation of their emotions and attention." This aids in the successful development of academic and social skills.

The practice is being employed in various locations throughout Michigan. Rachel L. Turner, principal of Eisenhower Elementary in Flint, had this to say: "Mindfulness techniques provide our students and staff the ability to pause from their daily routines and acknowledge silence, reflect, and calm oneself. It is a positive



Mindfulness can decrease stress and anxiety and improve concentration and attention. Photo by MC4ME.org

strategy for everyone."

A prominent form of mindfulness practice was introduced to America by Jon Kabat-Zinn in 1979, based on his work at the University of Massachusetts (UMass) Medical School where he developed Mindfulness-Based Stress Reduction (MBSR). Kabat-Zinn has described mindfulness as "paying attention in a particular way; on purpose, in the present moment, and nonjudgmentally."

Kabat-Zinn was earning his Ph.D. in molecular biology at MIT when he first attended a lecture on meditation. He reports that the more he meditated the more he began to feel "there was some-

thing else missing that science could say in terms of, like, how we live as human beings." He began using mindfulness training to help patients cope with chronic pain. His program became part of the UMass Department of Medicine.

Research now shows that meditation and rigorous mindfulness training can even lower blood pressure and cortisol levels and increase immune response.

Though mindfulness has its roots in Buddhist meditation and ancient yoga teachings, the movement that's entered American consciousness is a secular practice. Kabat-Zinn suggests we think of attention as a muscle – it will strengthen as a result of exercise.

Time's cover article, "The Mindful Revolution – the science of finding focus in a stressed-out, multitasking culture," mentions one of the techniques used to foster mindfulness – the slow, careful eating of a raisin. Author Kate Pickert is quoted as saying:

"I'm eating a raisin. But for the first time in my life, I'm doing it differently. I'm doing it mindfully. This whole experience might seem silly, but we're in the midst of a popular obsession with mindfulness as the secret to health and happiness – and a growing body of evidence suggests it has clear benefits."

Some of those benefits are becoming obvious in working with children in schools. Mindfulness programs introduce children to the brain and how it works. Many love learning about the amygdala, especially – the almond-shaped set of neurons located deep in the brain and associated with fear and emotion. Students learn how the body reacts to fear and stress, and how to take a mindful pause and then respond to a situation, rather than just react to it. They learn to find inner resilience and a way to thrive despite the stresses of life.

Research shows that students who practice mindfulness can not only reduce stress, but also better focus their attention, manage their emotions, and develop more compassion. Other docu-

see MINDFULNESS, page 10

AGENCY SPOTLIGHT

Washtenaw Health Plan: what you need to know

by Shelley DeNeve
Groundcover Vendor

This winter has been tough on us all, but I hope that you were able to stay healthy and happy. Speaking of healthy and happy, have you fulfilled the requirements of signing up for health-care yet?

I have gotten health coverage through the Washtenaw Health Plan (WHP) since 2009. I was working then, but neither my husband nor I had health care coverage. I have been blessed with the good fortune of having the WHP keep me healthy. Now my plan is changing.

Medicaid used to be limited only to people who were poor and had another qualifying eligibility factor. The expanded Medicaid program, known as the Healthy Michigan Plan, is for all 19-64 year olds who are poor – period. Medicaid for other populations (children, pregnant women and people with disabilities) will continue. An estimated additional 12,000 people throughout Washtenaw County will be eligible for Medicaid through the Healthy Michigan plan on April 1. Anyone who enrolls in Healthy Michigan during April and qualifies will receive benefits retroactively to April 1.

The Affordable Care Act (Obamacare) and the state Medicaid expansion will cover me and about 4,000 of the approximately 8,000 people who were insured through the WHP.

Many WHP Plan B members (such as individuals with a monthly gross income under \$1,339; families of four with incomes under \$2,742; and families of six with incomes under \$3,676) will now qualify for Medicaid plans, and the rest can apply for subsidies for insurance through the Marketplace, regardless of the value of their assets or pre-existing conditions. All plans include preventive health care, mental health care, low co-pays, and coverage for doctor-ordered services such as rehabilitation and chiropractic services. Medicaid plans also cover basic dental and vision care for the entire family.

WHP will still operate on a much smaller scale, offering the Washtenaw Health Plan to help with health care for those low-income residents who do not qualify for Medicaid or subsidies, including some recent immigrants and some people with unusual financial hardships. The WHP has a long history of collaborating to fill Washtenaw County residents' health care gaps, and that will continue. WHP is helping current county residents who are not eligible for Medicaid or Medicare to sign up on the Marketplace, with subsidies that vary with income and



household status. The Marketplace closes for general enrollment March 31 and will not re-open until November.

If there are no changes in circumstances, WHP Plan A members will be automatically enrolled in Medicaid and should have received letters directing them to pick among the available Medicaid health plans. Failure to pick a plan will result in their being assigned randomly to one of the four available Medicaid health plans, though there is a 90-day window for changing plans. Plan A members who did not receive letters should call 1-800-MIenrolls or see their Department of Human Services (DHS) caseworker to select a plan. (They can also visit Michigan.gov/mibridges and log into their accounts to catch up on DHS correspondence.)

New Washtenaw County Dental Clinic

The County Dental Clinic, the Washtenaw County Public Health Department's newest initiative, should be operational in Ypsilanti by next winter. It will be open to county residents with incomes up to 200 percent of the poverty level, will accept Medicaid, and will work on a sliding-fee scale for services not covered by Medicaid and for people who do not have Medicaid.

The WHP has been filling the gaps for the last 12 years or so, according to Ruth Kraut, WHP Program Administrator, but its evolution began much earlier. It developed from the need of a few residents in 1985 who had large hospital bills they could not afford. They went to the University of Michigan Clinical Law Program offices to get help. While researching the case, some students working for Legal Services found a stipulation in a state statute from 1939 that required counties to pay for the hospitalization of indigent residents. The county's attorneys suggested to the plaintiffs that instead of proceeding to trial, they bring in the

hospitals to discuss the situation and look for a solution. The group's vision was to create a comprehensive managed care system for uninsured residents, and although they failed to do so at the time, they created a document whose principles underlie the WHP. A small program was created in 1997 under the name of the Washtenaw County Health Care Program (WCHC), and it eventually became the Washtenaw Health Plan.

As WCHC developed, they partnered with organizations such as St.

Joseph Mercy Hospital, the University of Michigan, Washtenaw County, and a host of dedicated and supportive networks of primary and specialty care providers to help the county's most vulnerable residents. For more information on the history of the Washtenaw Health Plan, visit: www.ewashtenaw.org/government/departments/public_health/whp/whp-history-4.

Signing up for your new plan

Those who enroll in Medicaid during April will receive coverage retroactive to April 1, but Medicaid enrollment remains open indefinitely. Enrollment in the Marketplace ends March 31 and

the next opportunity to enroll or change plans will be in November 2014, unless you have exceptional circumstances that kept you from enrolling, such as the loss of employer-sponsored insurance, marriage or divorce, or incarceration. With few exceptions, those without insurance after April are subject to a fine that is the greater of one percent of income, or \$95 per adult or \$285 per family. Keeping that in mind, you may apply online for Marketplace plans at healthcare.gov. You will be able to apply for Medicaid in April at either www.Michigan.gov/mibridges or www.healthcare4mi.com, or give the WHP a call at (734) 544-3030 for help.

To sign up, you will need the names, dates of birth, social security numbers and income information (2012 or 2013 income tax information or a month's worth of current pay stubs) for each member of your household. Use your best guess if your income is irregular. It is suggested that you first find out from your favorite doctors' offices which of the plans they accept, as that might be the deciding factor in which plan to choose.

We hope that this information was helpful to you. Thank you for supporting Groundcover News. We appreciate your patronage and kindness. Be safe, happy and healthy.

Warming Center closed Where do we go now?

by Elizabeth S. Kurtz, aka "Lit"

If April is in full swing, it can only mean that those who slept at the Delonis Shelter Warming Center are now back on the streets. The temperatures may be a little higher, but the need for a warm sleeping bag has not gone away. Last year, the cold temperatures lingered long after spring's official start date, leaving people of the street with the misery of finding a warm, comfortable place to sleep. The Warming Center, though plagued with its own issues, was temporary home to some 65 individuals over the winter months. Some nights, the numbers swelled to over 85 when people dropped in for a night for various reasons, or when even those individuals who had been braving the winter outside could not withstand the brutal temperature drops of this past winter.

Overall, though, about 70 or so individuals who could not receive a residential bed or get a lease during the winter

months have lost their winter home and are back outside, trying to cope with the challenges of maintaining a normal lifestyle while living outdoors. In addition, between now and next November, people will invariably lose homes only to be told that shelters in Washtenaw County have no place for them. They will join the ranks of those who are already experiencing the sudden trauma of being ostracized for no other reason than losing their abode. They will be amongst those who have been forced to rethink their views of society and try to find ways to compensate for being treated like second-class citizens.

Most of this entire group will wonder where they will spend their days and long nights. The only shelter in Washtenaw County dedicated to single adults has no available beds or places for them to rest for the night. The inhumanity this produces will leave us all even less comfortable this spring.

Meet Peggy, one face of Groundcover



by Amelia Brown
Groundcover Contributor
U-M Student

A: Peggy, how long have you been with Groundcover?

P: I have been with Groundcover since the spring of 2012.

A: Where do you sell, and on what days? How do you decide where to sell?

P: I sell at the People's Food Co-op. I sell there because under the Groundcover policy, if you sell 800 papers a month and a corner is available, then I can get what's called a corner card. What that affords me is that if another vendor is selling at the Co-op, and I came there, they would have to leave. So I have top rights to sell there. The reason I did that is because the Co-op has supported Groundcover for, I'm thinking, maybe almost the four years since Groundcover has been in existence, with a dollar-off coupon. The general public that tends to go there tends to be more aware of the homeless community and people who are low-income, and we get a lot of support at that spot. When I knew the person who had the corner before me was leaving permanently, I made a real effort to sell more papers to get that spot, to allow me to keep doing this.

I also sell papers at St. Mary's Student Parish on Sundays. I've been doing that as long as I have been a Groundcover vendor, every Sunday.

A: So the corner card is a good incentive to sell more papers, then?

P: Oh yes.

A: What does your average day look

like when you are selling?

P: I have tried to start my day between 7:00 and 7:30 at the Co-op, just because I am a morning person and I like being there. I usually get done between 1:00 and 3:00, and that depends on what is going on at the Farmers Market. Saturday is a really busy day because that market goes on all year, and that affects the number of customers coming to the Co-op. Most of the time, I work Tuesday through Sunday – Tuesday through Saturday I'm at the Co-op. Sometimes I don't make it that early depending on how I'm feeling, but that's what I try to maintain as my routine.

A: How did you find out about Groundcover, and what made you decide to get involved?

P: I think it was the first year they were up and running, I had met a vendor whose spot was at Liberty and Main. Over time I got to know him and talked to him about it, and there came a point where I knew I wanted to do some type of job. I retired from working at the Veteran's Hospital in 2001. I had worked there for 13 years; so, I knew that on top of that income I needed a little bit more. I would talk to this vendor about it, and it seemed great because you could work whenever you wanted. That's how I initially got into it.

A: What was something you found challenging when you first started at Groundcover, and how did you overcome that?

P: Because of the population that does do this work there are issues, and I'm including myself; issues like addiction, homelessness, inability to know how to

see PEGGY, page 10



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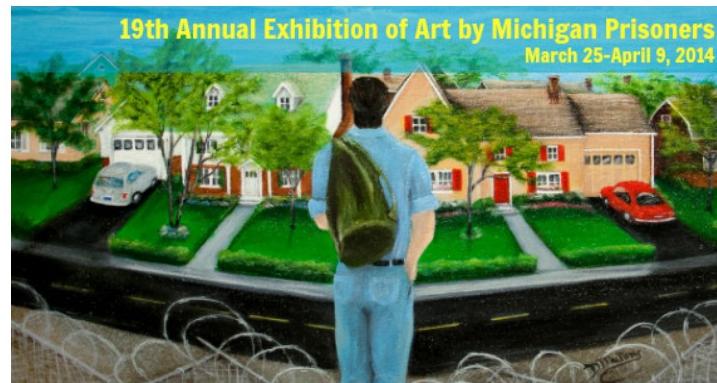
Releasing the incarcerated artist

by Ross Bernhaut
U-M Student Contributor

"We can know the nature of something by the fruit it produces," asserted Tim Hurley, a writer and ex-con. He was referring to PCAP – the Prison Creative Arts Project – which works in association with the University of Michigan (U-M) to help prisoners engage with the arts. And the "fruit" PCAP produces is art, taking the form of visual art, poetry, and writing – possessing all the colors, nourishment, and tenderness of edible fruit. PCAP also offers prisoners the opportunity to participate in workshops for the performing arts, such as music, theater and dance. As Hurley put it, PCAP "apprehends the apprehended."

The PCAP Linkage Project offers returning citizens opportunities to engage as artists in their communities. Their opening reception was held on February 21, from 5:00 to 7:00 p.m. in U-M's East Quadrangle residence hall. The reception commenced with an hour of refreshments and stimulating conversation as visitors and artists browsed through the forty-one artworks by former inmates hanging in the Residential College Art Gallery.

These pieces were incredibly diverse.



Breaking Through by Daniel Mullin. The foreground, which suggests prison, is characterized by dark, dismal colors and a depiction of barbed-wire fence. The figure at the center of the painting is facing forward, turning his back to prison and his front toward an idyllic suburban setting, dominated by vibrant greens and blues, with the promise of a better and more fulfilling life.

Their media ran the gamut, utilizing diverse materials such as watercolor, pencil, acrylic on canvas, colored pencil on watercolor paper, print on wood, pastel, charcoal, ink, ribbons, yarn, fabric, and synthetic flowers. The subjects of the art included political subjects, landscapes, still lifes, and a variety of animals ranging from elephants to polar bears. All of the art was deeply moving, either for its message or simply for its beauty.

During the formal part of the evening, the artists discussed their experiences with PCAP in prison, the inspiration for their artwork, and the profound

impact PCAP has had on their lives. Some of the artists displayed slides of their work while speaking, and one even played a video that he wrote and directed. Everyone passionately shared their newfound love for art and gratitude for PCAP.

I spoke personally with artist Thom Baxter about how his career in painting took off. While incarcerated, he saw an advertisement for a mug with a scribble drawing of a wolverine on it and thought, "I can do better than this!" Thom began voraciously consuming literature, studying art, and practicing drawing. After exhausting the prison library, Thom started checking out books from the city library. PCAP helped him along.

Before attending a PCAP workshop, Thom had not had the slightest knowledge or experience with art. Now he talks insightfully about the old masters

and even more recent 20th-century artists like Dali and O'Keeffe. Thom underscored how crucial painting was to maintaining his sanity during the dehumanizing years behind bars. But the mere idea of PCAP was equally effective and uplifting. Thom described being especially touched by the fact that an outside entity would take such sincere interest in helping individuals who had made mistakes in their lives. PCAP, he explained, "treated us as people, not statistics."

Everyone present at the reception described PCAP with overwhelming fondness and positivity. But despite limitless enthusiasm for PCAP, being utterly uncreative myself, I could only imagine the challenges the artists must face in the creative process, especially since many lacked any former knowledge of or experience with art before PCAP. I asked Thom what the most difficult part of producing a painting is for him. His reply: "Selling it. My paintings are like my children; I never want to part with them."

PCAP's major exhibition of prisoners' art, the largest worldwide, will be held this year from March 25 until April 9 in the Duderstadt Gallery on U-M's North Campus.

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SPORTS

Nik Stauskas: the second coming of Reggie Miller

by Martin Stolzenberg
Groundcover Contributor

Nik Stauskas, the newly-crowned Big Ten Basketball Player of the Year, led the University of Michigan (U-M) basketball team to a Big Ten league title this year, the first since 1998.

His style of play kept reminding me of someone else. Then I got it. Remember Reggie Miller, the All-American basketball player from University of California at Los Angeles (UCLA) in the 1980s? He went on to become an NBA All-Star and Hall-of-Famer, playing for the Indianapolis Pacers for 18 years, from 1987 to 2005.

The comparisons to our Nik Stauskas are uncanny. The major difference is their skin color.

They have the same body type – tall and lanky: Reggie was 6'7" and Nik is 6'6"; Reggie weighed about 185 lbs. and Nik is 205 lbs. (but he put on 16 pounds over the summer, which means he used to weigh 189).

Reggie and Nik play the same position: shooting guard.

Reggie and Nik have the same kind of game:

- Terrific shooters. Reggie made 44 percent of his 3-pointers in the only year they kept this record, and Nik also shot 44 percent in his sophomore season
- Overall high shooting percentages – but here, Reggie excels as a sophomore: 55 percent versus 46 percent for Nik
- Fast shot release time
- Similar scoring averages per game in their sophomore years: 15 and 17 points per game, respectively
- Economical in their shots per game: 10.5 and 12.1



Striking similarities between legend Reggie Miller (above) and U-M sophomore Nik Stauskas perhaps bode well for Stauskas' future.

- Terrific foul shot shooters, at 80 percent and 81 percent
- For shooters, they are well regarded for their ball-sharing. Their assists per game were 2.6 and 3.9 – quite a bit better for Nik
- When guarded tightly, both drive to the basket fiercely, often resulting in a spectacular dunk

They have the same kind of on-court personality: self-confident and a bit brash.

Every basketball fan of a certain age remembers Reggie's late-game scoring antics against the New York Knicks in a semi-final playoff game of the 1995 series. In the last 8.9 seconds of the game, he scored eight points to win the game. That was no typo: eight points in 8.9 seconds.

Here is how he did it. With seconds to play he made a three point shot – three points. Then, when the Knicks went to inbound the ball, Reggie sneaked in, stole the ball, and quickly dribbled behind

the arc. He then made another three pointer – six points. Next, the Knicks hustled the ball up court. John Starks was fouled and missed both. Patrick Ewing snared the rebound, shot, missed, and Reggie controlled the ball. He was fouled and successfully made two foul shots – eight points.

So the game went from a score of 98-96 favor of the Knicks, with possession of the ball with seconds to go, to a 106-98 victory for Indianapolis – all in a matter of nine seconds. And while he was doing this, Reggie was razzing Spike Lee, the ultimate Knicks fan, seated in the first row of the sidelines.

Sports Illustrated acknowledged this as one of the greatest moments in sports history. Reggie was dubbed "The Knick Killer."

Reggie Miller stayed at UCLA all four years, graduating with a degree in history, and finished second to Kareem Abdul-Jabbar as the all-time leading scorer at UCLA. Well, if our Nik Stauskas chooses to leave U-M at the end of his sophomore year, we can only thank him for the thrills he has given us, and hope he has an NBA career that matches Reggie Miller's, as his early college stats indicate.



St. Francis of Assisi PARISH

"Is this not the fast that I choose: sharing your bread with the hungry, bringing the afflicted and the homeless into your house, clothing the naked when you see them, and not turning your back on your own flesh?" (see Isaiah 58:5-7)

EASTER TRIDIUM

Holy Thursday, April 17

7:00 pm Mass of the Lord's Supper

Good Friday, April 18,

12:00 pm the Living Stations

1:30 pm the Celebration of our

Lord's Passion

6:30 pm Evening Prayer.

Holy Saturday, April 19

12:00 pm Blessing of Food

(All are welcome, especially children, to bring their Easter baskets filled with foods to be consumed at the first meal of Easter.)

8:30 pm Easter Vigil in the Holy Night.

Easter Sunday, April 20

7:00 am, 8:30 am, 10:30 am, 12:30 pm

the Resurrection of the Lord, Masses

(NOTE no 5:00pm Mass.)

As we at St. Francis move from Lent to the joyous celebration of Easter, we wish all Groundcover readers happiness for Passover, Easter, and spring. Together, come, let us celebrate Holy Week and Easter!

BEGINNING PALM SUNDAY, APRIL 13 NEW MASS TIMES

Saturday — 5:00 pm

Sunday — 7:00 am, 8:30 am,
10:30 am, 12:30 pm, 5:00 pm

(Please note the Sunday Masses change from 8:45 am to the earlier 8:30 am time and the 12:15 pm time shifts to 12:30 pm. These time changes are designed to allow more time between Masses and ease current crowding and parking issues. And, each Sunday after Easter we will keep these new Mass times.)

Praise and Thanksgiving!
Five years serving our
neighbors with the
Riverside Community Meal.
Every Wednesday 5-6 pm.

The First Presbyterian Church
of Ypsilanti, aided by the
Presbyterian Churches in
Washtenaw County.



PUZZLES

Sudoku ★★★☆☆ 4puz.com



Fill in the squares so that each row, column, and 3-by-3 box contain the numbers 1 through 9.

Cryptoquote

"FV SGB HKR TP EMHO F
JHTP FUOG OMFK AFVP
OG LG, F EFAA OPAA
SGB: F JHTP OG AFZP
GBO AGBL." - PTFAP YGAH

Groundcover Vendor Code

While Groundcover News is a nonprofit organization and newspaper vendors are considered contracted self-employers, we still have expectations of how vendors should conduct themselves while selling and representing the paper.

The following list is our Vendor Code of Conduct, which every vendor reads and signs before receiving a badge and papers. We request that if you discover a vendor violating any tenets of the Code, please contact us and provide as many details as possible. Our paper and our vendors should be positively impacting our County.

All vendors must agree to the following code of conduct:

- Groundcover News will be distributed for a voluntary donation of \$1. I agree not to ask for more than a dollar or solicit donations by any other means.
- I will only sell current issues of Groundcover News.
- I agree not to sell additional goods or products when selling the paper or to panhandle, including panhandling with only one paper.
- I will wear and display my badge when selling papers.
- I will only purchase the paper from Groundcover News Staff and will not sell to or buy papers from other Groundcov-

er News vendors, especially vendors who have been suspended or terminated.

- I agree to treat all customers, staff and other vendors respectfully. I will not "hard sell," threaten, harass or pressure customers, staff, or other vendors verbally or physically.
- I will not sell Groundcover News under the influence of drugs or alcohol.
- I understand that I am not a legal employee of Groundcover News but a contracted worker responsible for my own well-being and income.
- I understand that my badge is property of Groundcover News and will not deface it. I will present my badge when purchasing the papers.
- I agree to stay off private property when selling Groundcover News.
- I understand to refrain from selling on public buses, federal property or stores unless there is permission from the owner.
- I agree to stay at least one block away from another vendor. I will also abide by the Vendor corner policy.

If you see any Groundcover News vendors not abiding by the code of conduct, please report the activity to:
contact@groundcovernews.com
734-972-0926

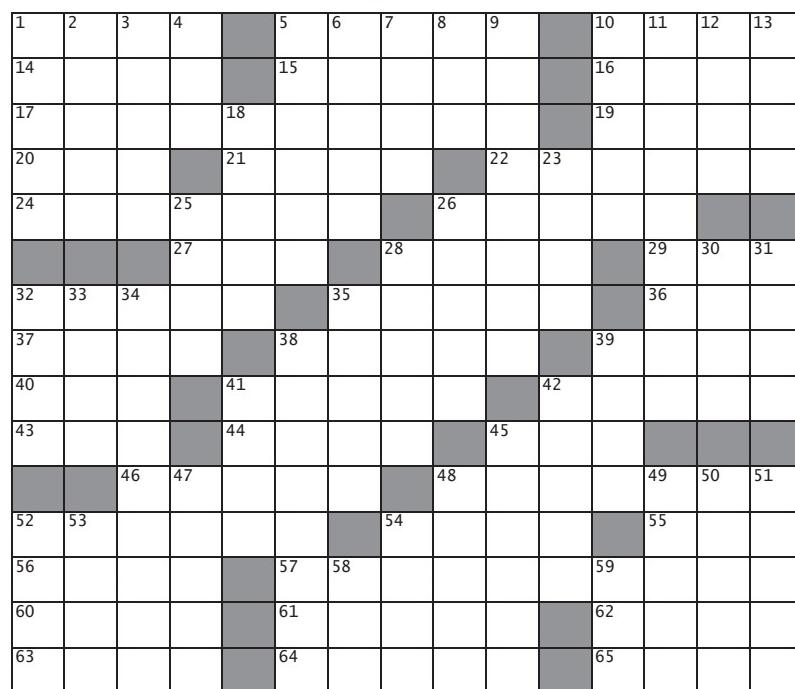
ACROSS

1. Cushions
5. Vagabond
10. Arrogant
14. City in Hungary
15. City in Japan
16. Turkish monetary unit
17. Comedy ensemble
19. Excessively fussy
20. Anime voice actor Daisuke
21. City in India
22. Actor Scott
24. Aragorn's *nom de guerre*
26. Knight's helmet
27. 2012 Mark Wahlberg movie
28. Pianist/singer ____ Patra Brown
29. Easter ____
32. Artist's color
35. Narratives
36. Movie/theater musical, *Mamma ____!*
37. Actor Neeson
38. Actress Kim
39. Courteous bloke
40. Manufacturer of caulk and other adhesives
41. No ____!
42. Arm bones
43. Absorb
44. Rock of ____
45. Exploit
46. Racing craft
48. Round objects
52. Broadcast partner
54. Overindulge
55. "____ Man," Bo Diddley song
56. God of love
57. 20th ____
60. Pulled tightly
61. Paul "Red" ____ oil well firefighter
62. Clef for viola players
63. Pod vegetable
64. "Florentine ____" Frank Zappa song
65. Exceptionally perceptive

DOWN

1. Mexican coins
2. Neo's foe
3. Style of furnishings
4. No seats left (abbr.)
5. Indicated agreement
6. Film award
7. Street in many cities

It's about time



- | | |
|---|---|
| 8. Certain enzyme (abbr.) | 39. Merriment |
| 9. Dawn | 41. Bladders |
| 10. Quench | 42. Theater employee |
| 11. American Revolution combatants | 45. Change of direction |
| 12. Russian mountain range | 47. Major artery |
| 13. Revelry | 48. French composer Erik |
| 18. Politician Ralph | 49. Browning's product |
| 23. National Public Radio reporter Deborah | 50. Be a ham |
| 25. One on a list | 51. Inhabitant of northern Germany |
| 26. Aquatic, photosynthetic organisms | 52. ____ Institute, political advocates |
| 28. Speleologist's interest | 53. City in Washington State |
| 30. Ms. Lollobrigida | 54. Sticking point |
| 31. Gross ticket sales | 58. Tokyo of old |
| 32. Ford's competitor | 59. Asian beast |
| 33. Italian farewell | |
| 34. Bar bargain time | |
| 35. Swiss chemist, co-discoverer of holmium | |
| 38. Bedtime apparel | |

Puzzle by Jeff Richmond



BETHLEHEM UNITED CHURCH OF CHRIST

423 S. Fourth Avenue, Ann Arbor, MI 48104

(between William and Packard)

www.bethlehem-ucc.org (734) 665-6149

Bethlehem Church is home for the Groundcover Office

~~~SUNDAY WORSHIP SCHEDULE~~~

8:30 am and 10:00 am ~ Worship Services

10:00 am ~ Church School

~~~UPCOMING EVENTS~~~

Sunday, April 6 - LENTEN CONCERT – 6:30 pm

Audi Vocem a Professional Vocal Ensemble

"Sorrow and Solace" Free Admission/Donations Welcome

Saturday, April 12 - PRETZEL SALES - 11-12:30 pm

Friday, April 25 - PRETZEL SALES - 11-3 pm

Bethlehem's Famous Homemade German Soft Pretzels

\$1.00 each or \$10/dozen, for pre-orders: 734-665-6149

~~~HOLY WEEK ACTIVITIES AND WORSHIP SERVICES~~~

Maundy Thursday, April 17

6 pm Dinner and Worship in the Dining Room

Good Friday, April 18

12 pm Worship in Chapel & **7 pm** Worship in Sanctuary

Holy Saturday, April 19

10 am Easter Egg Coloring in Dining Room

Easter Sunday, April 20

7 am Sunrise Service & **10 am** Easter Worship Service

8:30 am Easter Breakfast Worship

The campaign for “More Buses, More Places, More Often”

by Greg Hoffman
Groundcover Community Organizer

A measure on the May 6 ballot for voters in Ann Arbor, Ypsilanti, and Ypsilanti Township will give residents the option to approve a millage that would fund substantial increases in public transportation services to the “urban core” of Washtenaw County that are provided by the Ann Arbor Area Transportation Authority (AAATA), or *The Ride*. The campaign for the increased services is spearheaded by the Ecology Center and Ann Arbor Center for Independent Living.

The proposal reads:

To improve public bus, van, and paratransit services – including expanded service hours, routes, destinations, and services for seniors and people who have disabilities – shall the Ann Arbor Area Transportation Authority levy a new annual tax of 0.7 mills (\$0.70 per \$1000 of taxable value) on all taxable property within the City of Ann Arbor, the City of Ypsilanti, and the Charter Township of Ypsilanti for the years 2014-2018 inclusive? The estimate of revenue if this millage is approved is \$ 4,368,847.00



for 2014. This revenue will be disbursed to the Ann Arbor Area Transportation Authority and, as required by law, a portion may be subject to capture by the downtown development authorities of the Cities of Ann Arbor and Ypsilanti, the Washtenaw County Brownfield Redevelopment Authority, and the local development finance authority of the Charter Township of Ypsilanti.

A “YES” vote would approve a five-year millage that will fund a 44 percent increase in transportation services, not only for AAATA buses, but also expansion

of other services, including the “Dial-a-Ride” services for elderly and disabled travelers. The expansion will also include new bus routes servicing Ypsilanti and Ypsilanti Township, as well as extended hours on weekends and evenings in Ypsilanti, Ypsilanti Township, and Ann Arbor. The proposal is on the May ballot so that, if approved, the increased services will go into effect in August of 2014, in time for the fall school term.

Facts about the proposal:

- If approved, there would be an increase of 57,000 hours for Ann Arbor transportation services, as

well as nearly 8,500 hours of service for Ypsilanti and at least 9,400 hours of new service for Ypsilanti Township.

- The millage will raise about \$4.3 million annually to fund the new services through 2019.
- The millage translates to a homeowner paying \$35 per year in taxes for each \$100,000 of their home’s value, or about 67 cents per week.
- In addition to benefiting the Washtenaw County Community, expanded bus services will greatly benefit Groundcover News in providing more widespread circulation throughout the community. Affordable housing options with regular bus service will increase, too.

There are detailed route maps depicting the expanded services on therideyourway.org. Additionally, this website provides many details about the ballot proposal and the five-year plan proposed by the AATA. To volunteer for the “More Buses, More Places, More Often” campaign, visit morebuses.org.

Check next month’s issue and our website, www.groundcovernews.org, for discussion of why people oppose or support this measure.

April Calendar of Events

April 1-9 – 19th Annual Exhibition of Art by Michigan Prisoners, 10-7 (Tue-Sat); 12-6 (Sun-Mon). Largest exhibition of prisoner art in the country features over 400 works of art by over 200 artists. Free and open to the public. Duderstadt Center Gallery, U-M North Campus, 2281 Bonisteel Blvd., Ann Arbor. More info: www.lsa.umich.edu/pcap/events.

April 4 – “Peace Generator” Monthly World-Healing Peace Circle, 7-9 p.m. Join others from all walks of life in silent prayer or focused meditation toward peace, understanding, joy, and healing for your family, the world, and yourself. Interfaith Center for Spiritual Growth, 704 Airport Blvd., Ann Arbor. More info: www.peacegenerator.org/info@peacegenerator.org.

April 4 – “FoolMoon 2014” outdoor festival, 8 p.m. - midnight. Free outdoor event featuring enormous, handmade illuminated sculptures, shadow puppet performances, processions of handmade lanterns, and experimental films projected onto buildings. Food available. More info: festifools.org. (734) 763-7550.

April 6 – 8th Annual FestiFools parade, 4-5 p.m. Parade down Main Street featuring some 50 giant handmade street puppets, the U-M percussion ensemble Groove, and anyone wishing to join the procession with a costume, silly hat, musical instrument, or puppet to contribute. Parade begins between William and Washington. More info: festifools.org, (734) 763-7550.

April 8 – Groundcover Volunteer Meeting, 7-8:30 p.m. Join in the production and distribution of Groundcover News. Bethlehem United Church of Christ, Room F1 (elevator to B), 423 S. 4th Ave., Ann Arbor. More info: contact@groundcovernews.com, (734) 972-0926.

April 10 – Film: “Plastic Paradise: The Great Pacific Garbage Patch,” 7:30-9 p.m. Screening of the 2013 documentary about ocean pollution, sponsored by Huron Scuba Snorkel & Adventure Travel. Tickets \$12. Goodrich Quality 16 Cinemas, 3686 Jackson Rd., Ann Arbor. More info: plasticparadisemovie.com.

April 11 – Growing Hope Monthly Community Potluck and Sustainability

Film Series, 6-9 p.m. A monthly event to cultivate community and engage anyone interested in sustainable communities, urban farming, and healthy food access. All are invited (including kids) to share in a meal and discussion with friends and neighbors. Film screening of 2009 documentary about the emergence of the modern environmental movement in America, Earth Days, immediately following potluck (roughly 7 p.m.). Please bring a dish to pass, and RSVP. Ypsilanti Public Library Downtown Branch, 229 West Michigan Ave., Ypsilanti. More info: ypsifood-coop.org/content/sustainability-film-series, erin@growinghope.net.

April 22 – “Take a Chance Tuesday”: live & free music at The Ark, 8-10 p.m. Food Gatherers benefit concert featuring Cellocentric, the brainchild of guitarist Doug Wood, combining Wood’s fingerstylings with classical infusions and hints of world and jazz. The Ark, 316 S. Main St., Ann Arbor. Free; donations of nonperishable food items accepted. More info: www.theark.org, (734) 761-1451.

April 26 – Film & Panel Discussion: Room to Breathe, 2-4 p.m. Community

showing of powerful documentary, *Room to Breathe*, a story of transformation as struggling kids in a San Francisco public middle school are introduced to the practice of mindfulness. Discussion to follow. Tickets (order in advance): \$12.50. U-M Rackham Amphitheater, 4th floor, 915 E. Washington St., Ann Arbor. More info: mc4me.org.

UPCOMING:

May 4 – 2014 Water Hill Music Fest, 2-6 p.m. (rain date one week later). Stroll through the Water Hill neighborhood (bounded by Miller Ave., Brooks St., Sunset Rd., and the Ann Arbor Railroad tracks) to hear dozens of households offering free performances on their own porches. More info: www.waterhill.org.

May 6 – Election Day, 7 a.m. - 8 p.m. Washtenaw County residents vote on several local millage proposals, including the Ann Arbor Area Transportation Authority (AAATA) proposal to improve and expand public transportation services throughout the county. To check the status of your voter registration, find your polling place and view your sample ballot, visit www.michigan.gov/vote.

Mindfulness benefits children in many ways

continued from page 3

mented benefits include:

- Decreased test anxiety
- Decreased ADHD behaviors – specifically hyperactivity and impulsivity
- Decreased negative affect/emotions
- Decreased anxiety
- Decreased depression
- Fewer conduct and anger management problems

At the University of Michigan in 2012, Dr. Rita Benn conducted research to determine the efficacy of a five-week Mindfulness Training for parents and educators of children with special needs. Participants receiving mindfulness training showed significant reductions in stress and anxiety along with increased mindfulness, self-compassion, and personal growth compared to controls. Positive effects were especially notable in the areas of empathic concern and forgiveness.

One of the influential figures in the Mindfulness in Education movement is Linda Lantieri, co-author with Daniel Goleman of the book *Building Emotional Intelligence: Techniques to Cultivate Inner Strength in Children*. Lantieri was asked to help the schools at Ground Zero recover from the trauma of the 9-11 World Trade Center attacks. She integrated mindfulness practices with social and emotional learning (SEL) techniques for a profoundly positive impact on the children.

Clearly, the children close to the Towers were tremendously traumatized. But many children experience intense traumas in their lives – those who grow up in high-crime or impoverished areas, for example.

And in today's environment, stress seems to be a constant companion. When the brain is in a constant state of anxiety, it's difficult to learn, and when feelings are not well-managed, thinking can be impaired.

A new Ann Arbor-based group, the Michigan Collaborative for Mindful-

ness in Education (MC4ME), recently formed to present information about mindfulness in education and to engage school districts in helping students, teachers and parents learn and practice mindfulness skills. MC4ME will present the documentary *Room to Breathe* at the University of Michigan Rackham Amphitheater (4th floor) on Saturday, April 26, 2014 at 2:00 pm.

Room to Breathe is the surprising story of the transformation of struggling

students in the San Francisco middle school with the highest number of disciplinary suspensions. The film is an authentic depiction of what it's like to teach mindfulness in a challenging environment. It will be followed by an audience discussion with a panel of educators and researchers experienced in mindfulness applications in schools.

More information is available at MC4ME.org, where you can also purchase tickets for the movie event.

ANN ARBOR YMCA
400 West Washington Street
Ann Arbor, Michigan 48103
www.annarborymca.org



JOIN HERE
IT'S GOOD FOR
THE HEART

At the Y, we exist to strengthen community. Together with people like you, we nurture the potential of kids, help people improve their health, and provide opportunities to support our neighbors. So join our cause. And create meaningful change not just for your family, but also for your community.



Meet Peggy, one face of Groundcover

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work out problems, whatever they may be, etc. That's my biggest issue.

A: When you first started selling papers, was it hard to figure out how to approach people?

P: It's very hard for me, because my tendency or technique is either saying good morning, saying hello, things like that. If you're going to engage with me beyond that I'll talk to you, maybe the paper will come into it, maybe it won't. Sometimes people that I do engage with already know about us and think, "Oh, I'll buy a paper." But I'm really not comfortable with approaching people who haven't made eye contact with me. I think about how I feel when somebody approaches me and how would I want somebody to behave if they were selling something or asking for money. There are vendors that are – I don't want to say aggressive, but their technique is different. I couldn't do it.

A: Has the whole process taught you anything about yourself?

P: It has, in the fact that I think Greg and Susan have seen in me the ability to help other vendors that are new. I feel like I'm in a good comfort zone when I'm dealing with other vendors. I just kind of relay my experience, and my understanding of how to sell. I try to focus on helping them not to

get discouraged. It's pretty easy to get caught up in "Oh, I only made five dollars today," but I try to tell them, well, that's five dollars more than you had in your pocket when you got up this morning; as people got to know me, my income increased. I like that. We had gone to EMU to talk to a class of social work students, and I like that, too. I like talking to smaller groups of people and letting them know my history with Groundcover, my experience with it. Myself and another vendor went and talked before the Ypsilanti Township Board about us possibly selling in Ypsi Township, and I liked that too. It makes me feel like I'm using a little more of my brain, and makes me feel good about myself just doing it, because I consider myself smart. I feel like I've grown in more ways than I even anticipated by being involved in the paper; aside from the money, I think that I have gotten way more that is not tangible. I know that. That's what makes me feel good about what I do.

A: What have been some of your most significant moments as a vendor?

P: I guess what stands out to me is when somebody speaks positively about me to the Groundcover staff. That stands out because I always think, "Why would you do that?" I understand, but that's a hard path for me to cross. It has helped push my issues aside, like sometimes if I get a big tip I feel uncomfortable. I've even said to

people that were kind to me around the holidays, "No, you don't have to do that." I think it's the feeling that I don't deserve that, so that's been quite significant for me. It has pinpointed some issues that I was not paying attention to dealing with. I think the significance overall is the kindness of the people in this community, and that has been overwhelming. Overwhelming in a good way. A lady who was a parishioner at the church, who gave me \$5 or more every Sunday, she brought me a present this year. I like to draw, and haven't gotten the chance to do that in a long time, and the parish knows that. She got me a pad of art paper, a really nice pencil set, great wool socks, and disposable foot heaters. That is the thing that has really stood out – the overall kindness of people. There are a lot of people that go above and beyond "Hi, how are you, let me buy a paper." They really have a vested interest in you as a vendor. That's been the most outstanding thing to me.

A: How has your life changed since you became involved in Groundcover? Could you give us a "before" and "after" picture?

P: Before, it was really hard to make ends meet on the income that I had. I was renting an efficiency in Ann Arbor, and it probably took all but \$100 of my money each month to pay for that. Which was fine, but since then I have gotten into affordable housing which is for low-income people. So I was able to

get on a waiting list and move in, but it took a couple years. I am less worried about the bills I have to pay now, and a lot of that has to deal with where I'm living and what I pay for rent. I think it's changed my life in more ways than I thought it would, like being involved in the community.

A: What do you wish people knew about you?

P: Probably that I am trying to do a job. I have no problem if you tell me no or yes, but I do want to project that I am doing what I feel is an honest job, and most of us are just trying to work out what we need for our lives. And I would like to project that I am really a decent person. People are going to throw you into any kind of assumptions, and I'm not out to prove that I'm not what they think I am. I do get a lot of questions from customers; probably about 25 percent have asked me, "What do you do if you think these vendors are going out and drinking or doing drugs?" And they think that with pan-handlers too. But we tend to get thrown into that part of our community. I would hope that anyone would give a vendor a fair chance. I think overall I just want people to know we are decent people just trying to do a job.

Visit our website,
www.groundcovernews.org, to read the unabridged interview.

Incurable optimist has hope on her side



by Rissa Haynes
Groundcover Vendor

An "incurable optimist" is a label I've claimed for myself. What is an "incurable optimist"? It's NOT anyone oblivious to surrounding realities; nor is it an ostrich with its head in the sand. It IS someone who has made a choice to dwell on possibilities and hope despite currently challenging circumstances.

Joining Henry Ford in his philosophy, "If you think you can, you can. If you think you can't, you won't," is the reality of the function of the brain. When starting with the assumption that something will work, the brain conjures up many possibilities of how to work it. Conversely, when starting with the assumption that something will not work, the brain conjures up only obstacles to successful ideas. Nothing is wrong with pre-thinking contingencies and solutions to road blocks. However, dwelling on the impediments to success can lead to despair.

Despair is that dark dwelling where there is no light of hope.

My article in the March, 2011 issue of Groundcover discusses the depression of a young lady who descended into an attempt to commit suicide. Desperate to make a meaningful connection with a reason for living, purpose and hope, she was able to find that hope through counseling and the message of Christ's love for her.

The optimism I have is because I have hope!!!

SWAMI'S DICTIONARY



Blisskrieg: Swami's world-win campaign to generate enough love, joy, and laughter to bring about Disarmageddon and Nonjudgment day. Why wait for a bail out from above? This is supply-side spirituality!

Emerge 'N See Measures: Unlike "emergency" – which is activated by fear – an emerge 'n see is a heightened awareness activated by love. See Blisskrieg.



Cryptoquote Solution

"If you ask me what I came into this life to do, I will tell you: I came to live out loud."
- Emile Zola

3	2	4	7	1	6	9	5	8
6	5	1	9	8	3	4	2	7
9	7	8	5	2	4	3	6	1
5	6	3	2	7	9	1	8	4
8	1	9	4	6	5	7	3	2
7	4	2	1	3	8	5	9	6
1	9	6	3	4	2	8	7	5
4	8	5	6	9	7	2	1	3
2	3	7	8	5	1	6	4	9

P	A	D	S		N	O	M	A	D	S	M	U	G
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O	K	R	A		P	O	G	E	N	K	E	E	N

Y expiration reminders needed

continued from page 2

routinely caught and barred from using the library when they are discovered using bathrooms to bathe.

What is even more troubling is that when a person finally gets accepted for the six-month scholarship, there is no prior warning when she or he may be close to the scholarship's expiration date. Since the scholarships are awarded every six months, it is the recipient's responsibility to renew it in order to continue receiving the services. In the sometimes timeless world of the homeless, where days and weeks flow in and out of one's life with uncertainty and unpredictability, it is easy to become disoriented. What with the challenges of storage and negotiating one's life, staying abreast of deadlines can be close to impossible. When my membership closed, it caught me off guard and I was denied access to the only place where I could gain some stability in my day.

Any reminders – two weeks, a week, or even a few days – would have allowed me to prepare to renew and avoid experiencing the abrupt halt in services that I experienced one cold winter day. So I spent weeks negotiating to get a

spot in the only shelter in town for "people of the street." The uncertainty of not knowing if a shower slot would be available, combined with the inconvenient laundry hours, caused me to go unbathed for many days. I am far from unique in this. Many street people are unable to have basic sanitary needs met in a timely, predictable manner.

The Y, on the other hand, potentially offers a tremendous aid to those of us in this predicament. Programming its computers to give timely reminders regarding renewals, and waiving the waiting period, would make the lives of many homeless people so much easier.

As their policy regarding access and timely reminders now stands, however, it makes them appear duplicitous and disingenuous in their efforts to provide services. Clearly, the scholarships are not designed for the homeless. It feels to me as though the Y is either out of touch with members of the homeless community who rely on it, or has no concern for them. Regardless, it is disturbing that an agency such as the Y is unable to connect with one of society's colossal ills in a way that is meaningful and that can fulfill crucial needs of the homeless community in Ann Arbor.

FOOD

Chicken Curry with Rice



by Lisa Sonnenburg
Groundcover Contributor

1 cup brown rice
2 chicken breasts, thinly sliced
1 can coconut milk
1-2 tbsp of green curry paste
1 bunch cilantro (separate leaves from stems), chopped
½ cup chicken or vegetable broth
1 carrot, shredded
2 tablespoons of fish sauce
Zest and juice of two limes
1-2 inch knob of ginger, grated (this works better if ginger is frozen)
2 cups of baby spinach, chopped
Dash of hot sauce (optional)

1. Combine 1 cup rice and 2 cups water, and bring to a boil. Turn heat down, cover and simmer for 45 minutes or until all liquid is gone.
2. While rice is cooking, scoop the coconut cream off the top of the can and heat in a large skillet or wok on medium high heat
3. Add curry paste and mix with cream until it is well-blended and sizzles.
4. Add cilantro stems and chicken and sauté until chicken is cooked through (about 5 minutes).
5. Add the rest of the coconut milk, and the broth, carrot, fish sauce, lime zest and juice, and grated ginger.
6. Simmer for 20 minutes.
7. Stir in spinach and cilantro leaves. Combine well with chicken curry mixture. Add optional hot sauce.
8. Spoon mixture over brown rice.

This can easily be made a vegetarian dish by replacing chicken with tofu, or using a chicken substitute, and by substituting the fish sauce with soy sauce. Also, instead of 2 cups of spinach, you can add 1 cup of bean sprouts, and 1 cup of spinach. Bok choy or other Asian greens also work well. Serves 4.

A winter to remember

by Tony S.
Groundcover Vendor

There will be a time and a season when we all will look back and talk about the winter of 2014. Already, I walk by a church sign that says "Whoever prayed for snow, good job!"

We broke the record for snow that was set over a hundred years ago, and with our heads turned to the sky, we ask ourselves, "Is this over? When will the temperature rise?"

Spring is coming with baseball and less layers to wear, so we all cheer. While we marvel at our record snowfall, let us all pray it won't come again for years. Peace be with you!

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